

Please Post

A Holistic Approach to Stress Management

**A 10 SESSION WORKSHOP
GIVEN BY MICHELINA BERTONE, S.S.A.**

This workshop will assist you in:

- * identifying and broadening your awareness & use of your resources and of your stress management skills.**
- * growing in assertiveness.**
- * coping with loss and grief.**
- * integrating various levels (body, mind, spirit) and aspects of your person and life.**

DATE: MONDAYS from Sept. 21 - Nov. 30, 1992
TIME: 7:30 - 9:00 p.m.
PLACE: 5140 West Broadway (corner Fielding)
Montreal, QC, H4V 2A2

DONATION: \$10.00

INFO. & REG.: Please call Michelina Bertone, S.S.A.,
Phone 848-3591, work
481-7875, home

REGISTER NOW!!!

**Sponsored by Campus Ministry, of Advocacy and Support Services, Student Services,
Concordia University.**